The background of the slide is composed of several overlapping, wavy, translucent shapes in shades of blue and teal. These shapes create a sense of depth and movement, with some areas appearing more saturated than others. The overall effect is a modern, artistic design.

NESHOMO RESILIENCE EVENT

Working with trauma

Safety first

Fire escape

Stay hydrated

Toilets

**Respect for others- mobiles off, confidential,
non-judgemental**

**Respect for yourself – take a break if you
need, share with care**

What will you learn?

What it's like to
have PTSD

How to help a
person with PTSD

How to help
yourself so you
can help others

**Trauma-
what's it
like?**

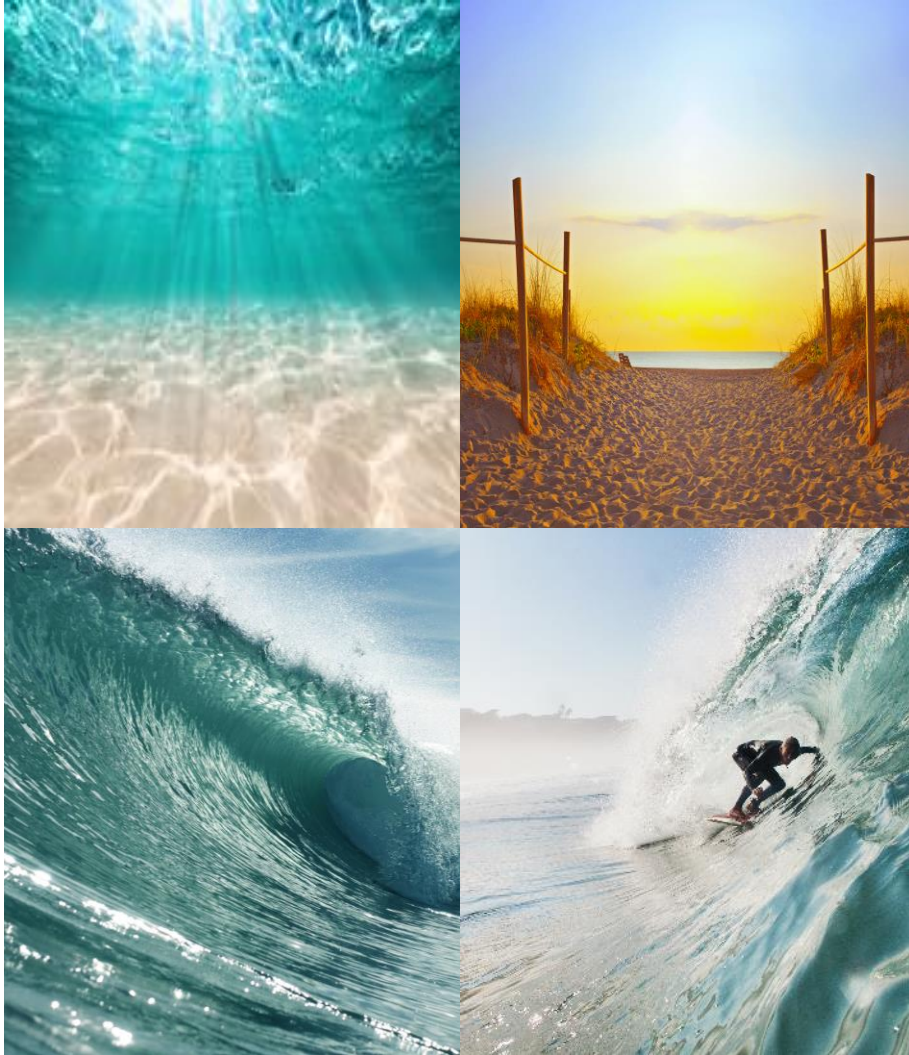
Expert by
Experience-

Hear my story



Experiencing PTSD

Sherelle Dresner



Outline

Introduction

PTSD, cPTSD, symptoms

The journey

The Support

Recovery

Learning

Introduction

- My imposter syndrome and why I am sharing
- Points to be aware of.

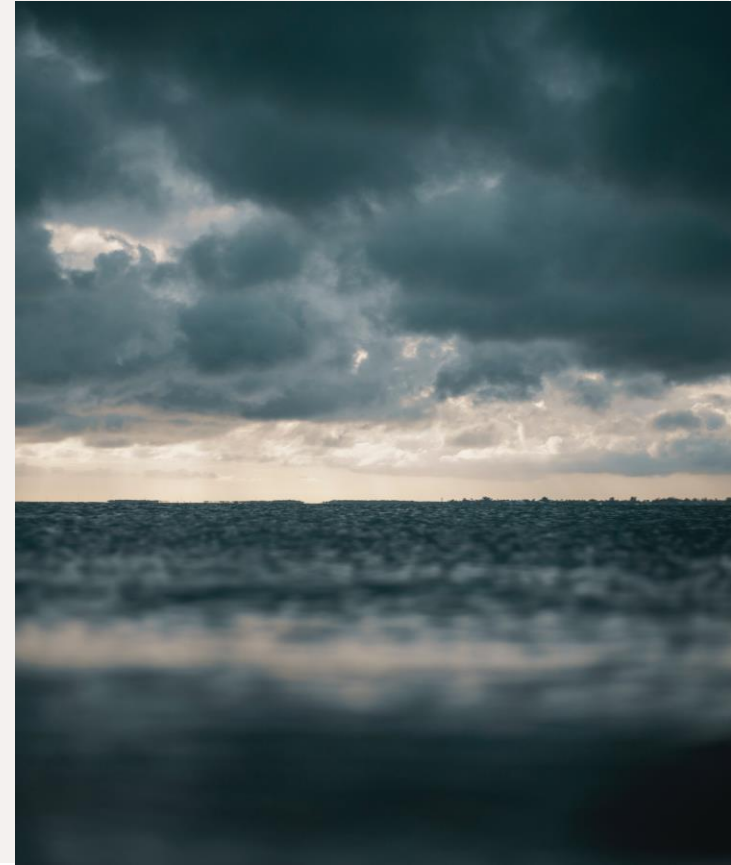


Definitions

PTSD – Post-traumatic stress disorder (PTSD) is a mental health problem you may develop after experiencing traumatic events (Mind)

Post-traumatic stress disorder (PTSD) is a mental health condition caused by very stressful, frightening or distressing events. (NHS)

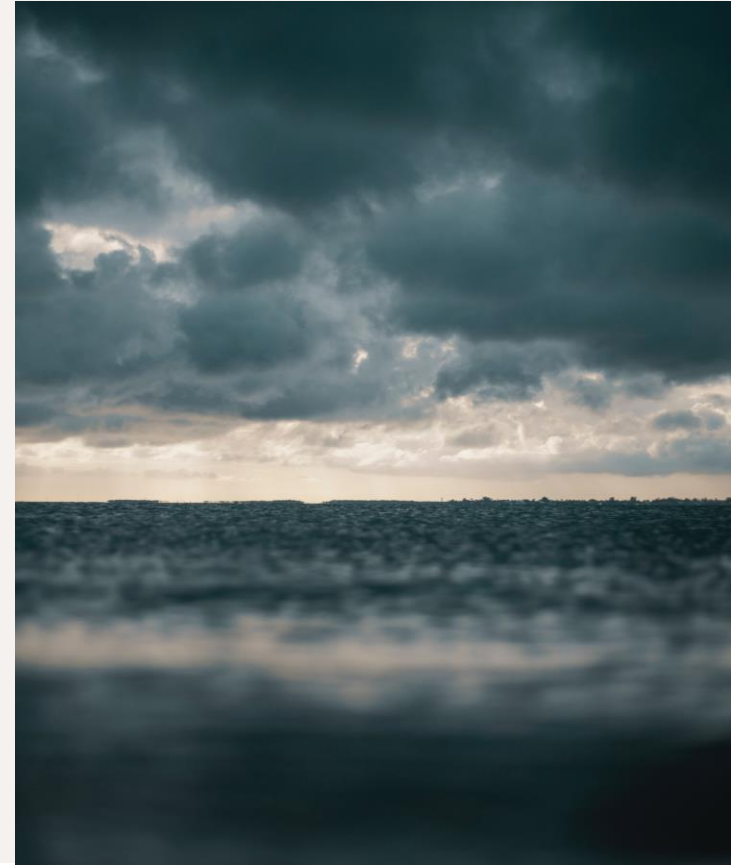
CPTSD- **Complex post-traumatic stress disorder (CPTSD)** can result from experiencing chronic trauma



Symptoms - PTSD

Symptoms of PTSD include: (nhs.uk)

- Re-experiencing
- Avoidance and emotional numbing
- Hyperarousal (feeling "on edge")
- other mental health problems, such as depression, anxiety or phobias
- self-harming or destructive behaviour, such as drug misuse or alcohol misuse
- other physical symptoms, such as headaches, dizziness, chest pains and stomach aches



Symptoms - CPTSD

The symptoms of complex PTSD are similar to symptoms of PTSD, but may also include: (nhs website and mind)

- feelings of worthlessness, shame and guilt
- problems controlling your emotions
- finding it hard to feel connected with other people
- relationship problems, like having trouble keeping friends and partners



My Symptoms

Symptoms of PTSD include:

- 2 years of symptoms
- Re-experiencing – nightmares, flashbacks, physical pain
- Disassociation.
- Nausea, reflux, lack of appetite, panic attacks
- Unable to carry out usual activities –
Driving, walking, working, childcare independently
- Insomnia and hallucinations
- Hypervigilance – endless doctor visits (health anxiety)

-2 years of appointments



CAUSES

What can cause PTSD?

The situations we find traumatic can vary from person to person. There are many different harmful or life-threatening events that might cause someone to develop PTSD. For example:

- being involved in a car crash
- being abused, harassed or bullied
- An event in which you fear for your life
- experiencing violence, including military combat, a terrorist attack, or any violent assault
- doing a job where you repeatedly see or hear distressing things, such as working in the emergency services or armed forces
- surviving a natural disaster, such as flooding, earthquakes or pandemics, such as the coronavirus pandemic
- losing someone close to you in particularly upsetting circumstances



Causes – for me

- Bereavement at a young age
- Adverse childhood experiences with reduced protective factors.
- loss



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My journey of being unwell

Being unwell, My needs:

- 3 mental health professionals – CBT and EMDR
- Medication
- Mindfulness courses
- My social prescribing needs



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My journey - Support

What helped from my 'befrienders'

- Family, Friends and Rabbinical support
- No judgement
- Invites
- 'open house'
- Just being along for the ride



Recovery

- Symptom reduction
- Relationships
- Healing, understanding and perception



Learning

- Each journey is different – symptoms to causes to support
- Impact on others
- My faith
- Experience of stigma
- My perception and understanding of mental health





*When we have
the courage
to walk into
our story and
own it, we get
to write the
ending.*

AND WHEN WE DON'T OWN OUR STORIES OF
FAILURE, SETBACKS, AND HURT—THEY OWN US.



Brené Brown

Try this now:



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Walk outside for 2 minutes.

Take notice:

1 thing I can smell

2 things I can hear

3 things I can see

A photograph of a two-lane asphalt road winding through a dense forest. The sun is low on the horizon, creating a warm, golden glow that filters through the trees. The road has a dashed yellow center line and solid white edge lines. In the lower right foreground, there is a diamond-shaped road sign and a smaller rectangular sign. The overall mood is contemplative and serene.

HOW TO HELP?

WHEN to help:



- Triggers
- Flashbacks
- Dissociation
- Panic



What NOT to do:

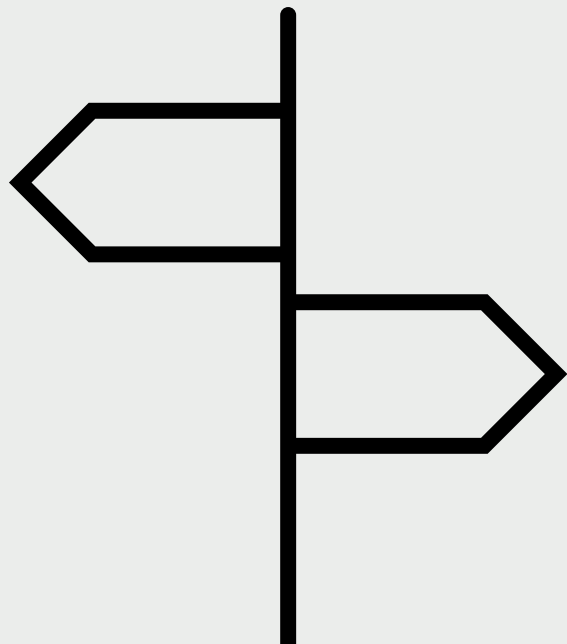
1. Do not be the therapist
2. Do not ask “why”
3. Do not argue with their feelings
4. Do not compare to others
5. Suppressed memories are not blackheads



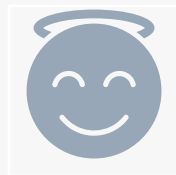
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Language:

- “What happened to you?” vs. “what’s wrong with you?”
- “I can only try to imagine how this might feel”
- “I really care about you”
- “What helps you when you feel this way?”
- “I am here with you”
- “Thank you for telling me”



Choice:



Would you like a hug?



I can stay for 10 more minutes, or I can go now- what do you prefer?



I can help with the paperwork or go for a walk with you- what's best for you?

באשר תלכי - אלך

Vicarious Trauma

“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.”

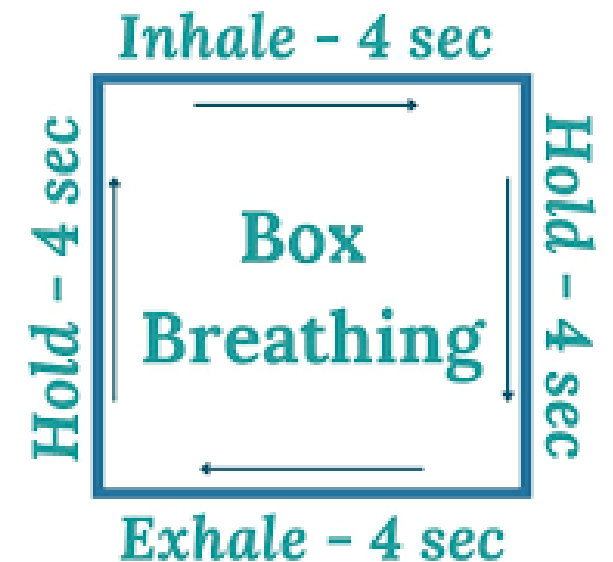
(Rachel Naomi Remen, *Kitchen Table Wisdom*)



SELF- HELP

FOR YOU AND YOUR CLIENT

Tip 1. Square Breathing

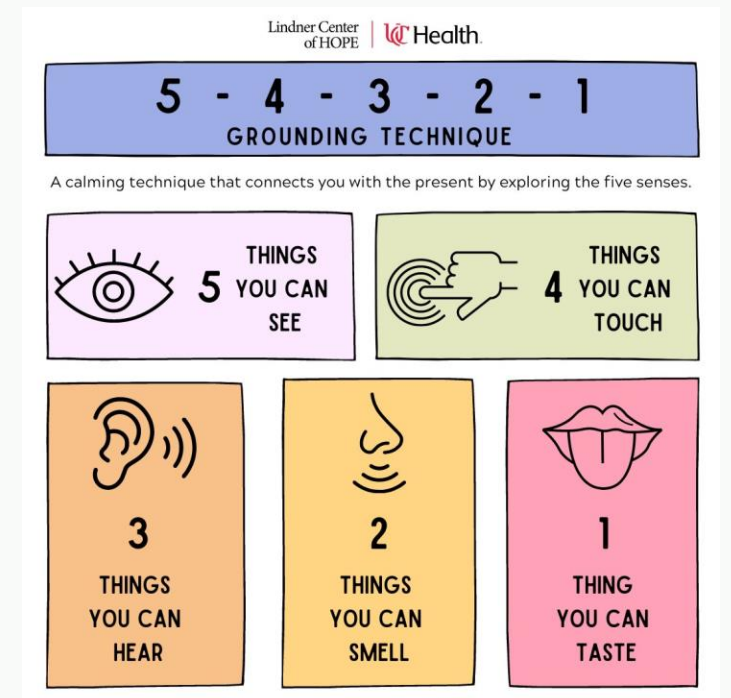


WWW.MINDFULLIVINGCOUNSELINGSERVICES.COM

SELF- HELP

FOR YOU AND YOUR CLIENT

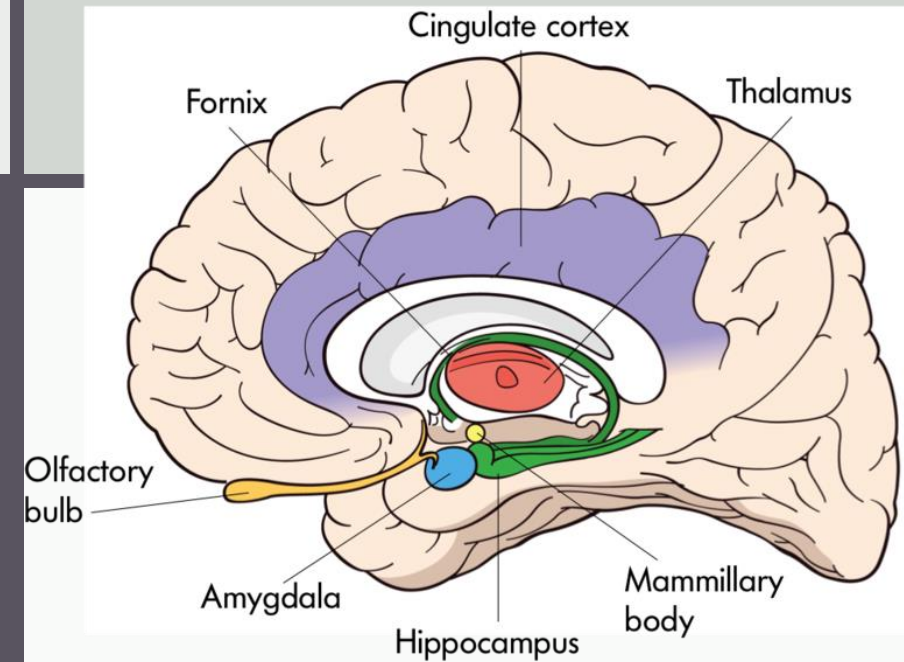
Tip 2. Sensory Grounding –
mindfulness



SELF- HELP

FOR YOU AND YOUR CLIENT

Tip 3. use your sense of smell



SELF- HELP

FOR YOU AND YOUR CLIENT

Tip 4. Quality of life





Resources:

Basic:

Neshomo's Trauma Leaflet: <https://www.neshomo.co.uk/trauma>

Self- help for trauma: <https://selfhelp.cntw.nhs.uk/self-help-guides/post-traumatic-stress>

Greater Depth:

- Mindfulness: a Practical Guide (Williams & Penman)
- The Body Keeps the Score (Van der Kolk)
- Overcoming Insomnia and Sleep Problems (Espie)
- Overcoming Anxiety (Kennerley)
- Overcoming Panic (Manicavasagar & Silove)

All resources available at Neshomo

**Would you
like a copy
of the
slides?**

Email: Admin@neshomo.com

Call 03000 110 330, Admin option